

The Wheel of Awareness by Dan Siegel

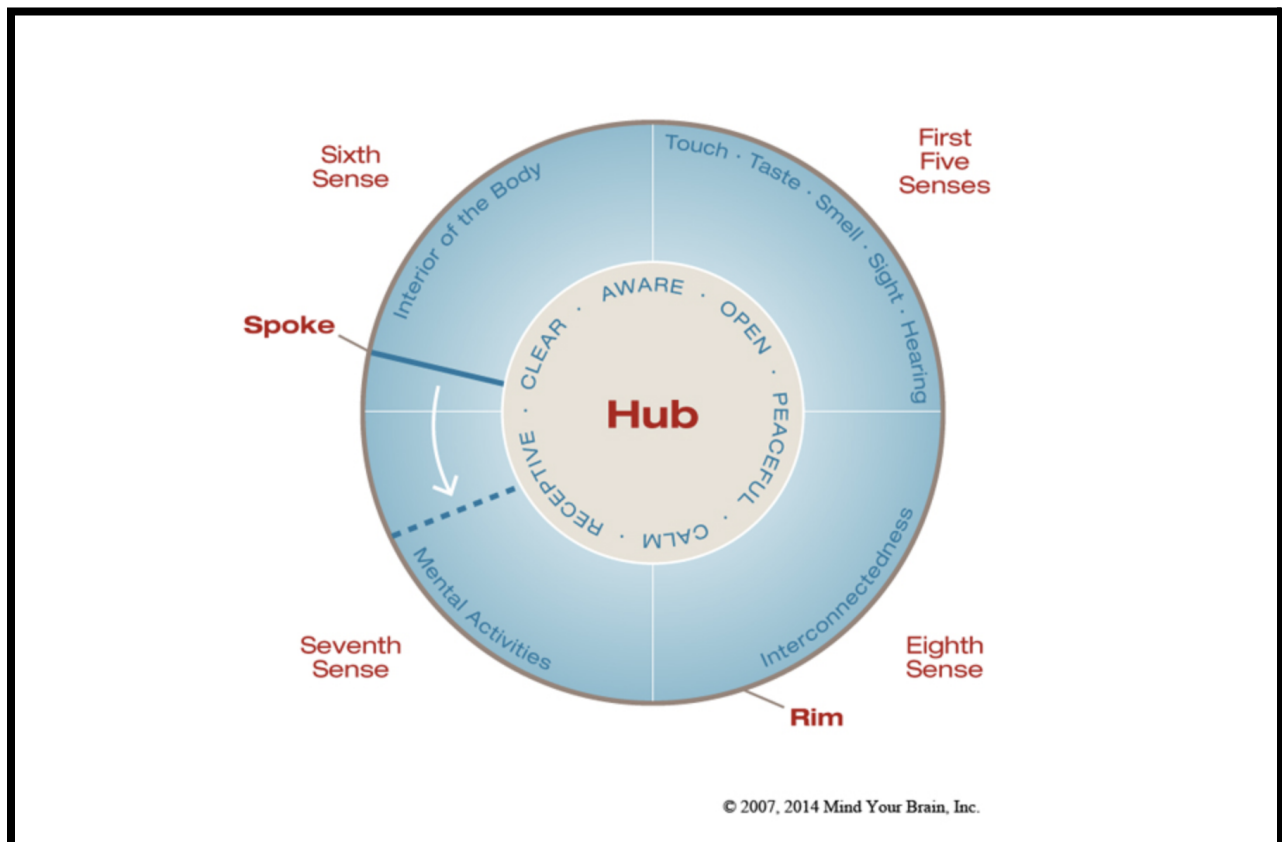
I love learning from other teachers. Dr. Dan Siegel is one of my favourites and he has an integrative tool, The Wheel of Awareness, that I have summarized below. You can see him talk about it himself on the two links below.

Learn more from Dan Siegel directly on YouTube [Wheel of Awareness](#)
Or check out his explanation here on [Facebook](#)

I have been teaching mindfulness for many years, and we are all on the path to experiencing higher consciousness.

Dr. Dan says that as we become more aware, we come to know two layers of reality.

1. Laws to predict how large objects move, such as the earth around the sun (Newton).
2. Quantum reality that is demonstrated by science to be real but it exists when objects are smaller, such as an atom, a bicycle and your body. These are more about probabilities, not certainties.



The Wheel of Awareness practice invites these two distinct realities to emerge. It helps you deeply understand your mind and to integrate consciousness and wellness.

The inner hub of the wheel is at the centre; here, you can stay present and conscious by being aware of what is happening, inside you and outside you. The outer rim is the things that we already know, where we usually live day to day: what you feel physically, think or feel mentally, and what others are doing. for example.

But we often suffer because we become attached to the outer rim things. My knees are sore and aching all the time, so I become “unhappy”. My dearest friend has a life threatening illness, so I struggle with my own joy or ease.

Dr. Dan suggests, like many other teachers, that we can begin to shift away from the “stuckness” of suffering by using awareness.

As we learn to stay aware, slowly over time, by holding to the hub, to our centre, we can also tune into the other eight senses without losing awareness. T

And then we practice, practice, practice to build capacity to live more integrated and connected.

Meditation:

Imagine the wheel of awareness in your mind's eye
Come to your breath, allowing it just be. Soften and let go.
Centre in to your own knowing of the Wheel of Awareness
With each breath, imagining the spokes around the wheel

First spoke of awareness: Five senses

Hearing is our first focus; let sound fill your awareness
Sight, allowing light coming through closed eyelids or gently opening eyelids
Smell, all that is around you, maybe nothing, maybe a little or strong
Taste, in your mouth, what is there?
Touch, with your skin, your body, your fingers....

Deep breath and shift

Second spoke of awareness: Outer and inner body: Sixth sense

Face to forehead, scalp, throat and neck, shoulders, both arms, fingers, upper back and chest, lower back, muscles of abdomen, hips, genitals, both legs, knees, ends of toes

Deep inside, internally the abdomen, all your guts inside, stomach region, through esophagus, chest, interior of throat, inside of mouth, respiratory behind cheekbones, sinuses, back of nose, inside of mouth, trachea, down to lungs, contracting
Heart region - letting the whole of body fill with awareness
Whole interior of body now -

Deep breath and shift

Third spoke of awareness: Mental activities: Seventh sense - open to what emerges with awareness - what the mind is doing and what you are feeling. Staying conscious as each thought passes by, as each feeling emerges and letting them go. Sit in silence.

Deep breath and shift

Fourth spoke of awareness; Interconnectedness: Eighth sense

We are connecting with all beings

Moving from awareness of senses, body and mental activity to consciousness of all beings. First, your closest people, family and friends; second, neighbors, acquaintances; expanding to include your whole city, town or village then to your country; finally, expand to include all people as well as all sentient beings on the planet. Opening to connection with all living beings on earth

May we be happy,
May we be healthy,
May we be safe,
May we flourish and thrive.

Repeat this over and over until you feel complete

To listen to this meditation on YouTube follow the [link here](#)

A wave of deep appreciation for all the teachers continually working on mindfulness and consciousness, and to my students and learners for being so open and receptive.

Please reach out and let me know what you think and if this is helpful.

With love,

Susan